

**Subject: Food Packages**

Effective Date: March 27, 2015

Revised from: October 1, 2014

**Policy:** WIC Food Packages are designed to supplement the diet of WIC clients and to improve the health outcomes of WIC clients. The foods included in the food packages were selected to contribute to an overall diet that is consistent with established dietary recommendations, including support for breastfeeding. Foods in the package are readily acceptable, widely available, and commonly consumed; take into account cultural food preferences; and provide incentives for families to participate in the WIC program.

There are seven different base food package classifications.

**Reference: CFR §246.10 & PL108-265**

<b>Food Package Designation</b>	<b>Client Category</b>	
1	Exclusively Breastfed <b>Infants</b> (BF)	0 through 5 months of age
	Mostly Breastfed <b>Infants</b> (Mostly BF)	b. 1 through 3 months of age c. 4 through 5 months of age
	Limited Breastfed <b>Infants</b> (Limited BF)	a. 0 to 1 month of age b. 1 through 3 months of age c. 4 through 5 months of age
	Fully Formula Fed <b>Infants</b> (FF)	a. 0 through 3 months of age b. 4 through 5 months of age
2	Exclusively Breastfed <b>Infants</b> (BF)	a. 6 through 8 months of age b. 9 through 11 months of age
	Mostly Breastfed <b>Infants</b> (Mostly BF)	a. 6 through 8 months of age b. 9 through 11 months of age
	Limited Breastfed <b>Infants</b> (Limited BF)	a. 6 through 8 months of age b. 9 through 11 months of age
	Fully Formula Fed <b>Infants</b> (FF)	a. 6 through 8 months of age b. 9 through 11 months of age
3	<b>Infants</b> who are receiving a special formula <b>Children</b> who are receiving formula or WIC-eligible nutritionals (medical food) <b>Pregnant, Breastfeeding or Postpartum</b> Women who are receiving formula or WIC-eligible nutritionals (medical food)	

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4	<b>Children</b>	a. 12 through 23 months of age b. 2 through 4 years of age
5	<b>Pregnant</b> Women with a single fetus. <b>Breastfeeding</b> Women with a single Mostly breastfed infant or one Mostly breastfed infant and at least one other infant with a status of Limited, Stopped or Never breastfed.	
6	Non-breastfeeding <b>Postpartum</b> Women up to 6 months postpartum <b>Breastfeeding</b> Women up to 6 months postpartum with a single Limited breastfed infant; one Limited breastfed infant and at least one infant with a status of Stopped or Never breastfed; or multiple Limited breastfed infants	
7	<b>Breastfeeding</b> Women	a. with a single Exclusively breastfed infant or with an Exclusively breastfed infant and at least one other infant with a status of Mostly, Limited, Stopped or Never breastfed or with multiple Mostly breastfed infants from the same pregnancy b. with multiple Exclusively breastfed infants
	<b>Pregnant</b> Women	a. with multiple fetuses b. with a linked breastfeeding infant

Within each classification, there are many variations to meet the needs and preferences of most WIC clients. An appropriate food package shall be prescribed for each client, taking into consideration the client's category, age, nutritional/medical needs, food preferences, food intolerances and living circumstances.

Food packages are available with multiple check set combinations. The food package should be issued on the standard number of checks available unless the rationale for spreading the food package out over a larger number of checks is documented in the client's KWIC record. Reasons to increase the number of checks issued per month may include inadequate storage/refrigeration or inability to transport the larger quantity of food (shopping convenience).